

REIKI AFTERCARE

ADVICE AND INFORMATION

REIKI IS A UNIVERSAL ENERGY THAT CONTINUES TO WORK WITHIN YOU FOR APPROXIMATELY 3 DAYS AFTER THE SESSION. IT IS NORMAL TO FEEL DIFFERENT SENSATIONS OR EMOTIONS AND THESE CAN VARY FROM PERSON TO PERSON. ALL HEALING IS VERY INDIVIDUAL AND NO TWO HEALING EXPERIENCES ARE THE SAME. SOME MAY FEEL IMMEDIATE SHIFTS, WHILE OTHERS MIGHT EXPERIENCE POSITIVE EFFECTS MONTHS LATER. SOME PEOPLE MIGHT FEEL NOTHING AT ALL. ALL.

MOST CLIENTS ENJOY A SENSE OF RELAXATION AND CALMNESS.

LISTEN TO YOUR BODY AND REST IF NEEDED.

HERE ARE 10 ESSENTIAL STEPS FOR REIKI AFTERCARE:

- Drink plenty of water to help flush out toxins released during the session.
- Rest: Allow yourself time to relax. You may feel tired after your Reiki so plenty of rest and sleep will support you.
- Take a few moments to journal about your experience and any insights gained.
- Try to eat healthier foods where possible and take some gentle exercise.
- Practice self-care to relax. Try some meditation, go for a walk, or have a relaxing bath.
- Ground yourself: Spend time in nature or practice mindfulness to stay connected to the present moment.
- Be gentle with yourself: Allow yourself time to process any emotions or physical sensations that may arise after the session.
- Occasionally people can experience what we call a Reiki Healing crisis. This can manifest as an overwhelming release of energy where you feel worse before improving. Reiki brings unprocessed emotions, pain and negative energy to the surface for release. You might encounter flu-like symptoms, which indicate the elimination of negative toxins. Remember, these symptoms are temporary and part of the healing journey.

These are just a few tips to offer you some support after your Reiki session. If you have any questions at all or want to talk about your session, please do get in touch and we can talk through any of your questions.

Sending love and healing,

Emma xx

